Kefir, berry and banana smoothie

Preparation time

5 minutes

Serves

2

Recipe courtesy of

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Ingredients Method Nutrition

200mL kefir

200mL water

1 medium banana, frozen (128g)

4 strawberries (121g)

1/2 tsp vanilla extract

1. Place all ingredients in a blender.
2. Blend on high until smooth. Serve cold.

Nutritional information is provided per serve

Engery	544kJ (130 calories)

Protein	5g
Saturated Fat	2.42g
Total Fat	3.7g
Carbohydrates	15g
Sugars	12g
Dietary Fibre	1.7g
Sodium	60mg